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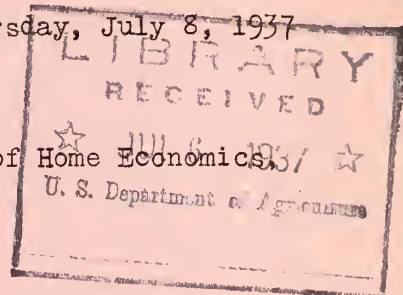
HOUSEKEEPERS' CHAT

Thursday, July 8, 1937

(FOR BROADCAST USE ONLY)

Subject: "BAKING NEWS." Information from the Bureau of Home Economics,  
United States Department of Agriculture.

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Listeners, it is here at last--the new Department of Agriculture bulletin on home baking. At last the answers to your questions about making bread and cake and pastry are all down in print under one cover. The new bulletin, just fresh from the Government printing press, is called "Homemade Bread, Cake and Pastry." It is Farmers' Bulletin No. 1775, if you can remember numbers more easily than names. And now is the time to send for your copy--now while the free supply holds out. All you have to do is to write the U. S. Department of Agriculture at Washington, D. C. and ask for Farmers' Bulletin No. 1775 called "Homemade Bread, Cake and Pastry." (And send your name and address along with that request.)

My guess is that this bulletin is likely to go like hot cakes, speaking in baking terms. The authors, Dr. Florence King and Mrs. Adele Freeman, of the Bureau of Home Economics, say in their first sentence, "Some kind of bread is served on the average American table three times a day, and cakes and pastries appear often." By and large, a good deal of baking goes on in American home kitchens day by day, and plenty of women will appreciate a handy little guide for baking yeast and quick breads as well as pies, cakes, cookies, and doughnuts. Those who buy all their baked goods may find this a help in judging quality at the bake shop.

So now how would you like to join me in a hop, skip and jump through the pages of the new bulletin to get an idea of the information it contains?

Since flour--or meal--is the foundation of all bread and pastry and most cake, you can see why the bulletin takes up the subject of flour on its very first page. Maybe you've been wondering why wheat flour is used so much more than other flours, listeners. That first page will tell you. Maybe you have been trying to find out the difference between soft wheat and hard wheat, or "strong" flours and "weak" flours, or "straight" and patent flours. You will find the answers on pages 1 and 2. And those answers may help you in buying and using flour to best advantage.

Or perhaps you are interested in food values and have been wanting to know how different kinds of flour compare in make-up. See pages 2 and 3.

The bulletin also tells you about rye flours and bean flours. Rye happens to be the only grain beside wheat that can be used alone successfully in yeast breads. "The proteins of rye are similar to those of wheat," says the bulletin, "and in food value the two grains are about the same. But rye flour makes a more sticky and less elastic dough than wheat flour." As for the bean flours, they contain more protein than the grain flours but they are successful

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for bread only if they are combined with wheat flour.

If you have a husband who pines for homemade yeast bread now and then, or if you have been making yeast bread but would like to check on or improve your method, you will want to turn to page 6 as soon as you get your copy of the bulletin. There you will find the so-called "straight-dough method" of making yeast bread--just how to mix it, just how and when to knead it, and so on--each step through the final baking. You will also find a description of the sponge method of making bread. And all the directions are clear and simple.

Or, if you are not interested in baking bread, you may want to know how to make a few yeast rolls now and then for special occasions. At this time of year, you would probably like to know how to make those refrigerator rolls that you can store for several days in your ice-box and use when you need them.

For the sake of variety in the menu, the bulletin also tells you how to make raisin or other fruit bread; nut and cheese breads; salt-rising bread; and rye, oatmeal and bean breads. For oatmeal bread you use 3 cups of finely ground rolled oats and 9 cups of sifted flour. You mix the rolled oats with the white flour and proceed as for white bread. Not complicated at all, you see, and the result is most delicious.

But, dear me, I mustn't linger so over the yeast breads in the bulletin when there are all the quick breads and the cakes and pastry pages to come. Turn over to page 16--or 17, listeners, and there you will find information on popovers, griddle cakes, waffles, fritters, muffins--and variations. Did you ever try rolled-oats muffins, listeners, or blueberry muffins? Next to the muffins come the quick loaf-breads, plain or with nuts or fruits, and gingerbread made with sweet or sour milk. Then biscuits--baking powder biscuits and their variations. Which brings us to shortcake and the crust for meat pie and finally to piecrust.

Even then the bulletin has much more to offer. It gives information on cakes, cookies and doughnuts--cakes containing fat, usually called "butter cakes," and cakes without fat, belonging to the sponge family. And cookies--the kind you drop on the baking sheet and the kind you roll and cut out. Finally doughnuts. Do you know the definition for doughnuts, listeners? "Doughnuts are small pieces of sweetened spiced dough fried in fat. The dough may be made like a cake mixture or leavened with yeast like bread." So says the bulletin, and then gives a recipe for plain doughnuts and one for raised doughnuts.

In case you want to score your baking, or are interested in judging home-baked products at your county fair this fall, you'll find a series of "score-cards" at the end of the bulletin.

And as I said at the start, you may have a copy of this new bulletin by writing to the U. S. Department of Agriculture at Washington, D. C. and asking for Farmers' Bulletin No. 1775 entitled "Homemade Bread, Cake and Pastry."

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